PSEA Eastern Region’s Professional Continuing Education Committee is pleased to announce its tentative professional development offerings for 2021-22. Here are a few things you need to know:

- **Workshops are open to PSEA members only.** These workshops are funded with dues dollars and a benefit of membership with your local association and PSEA.

- **All members are welcome to attend any workshop;** however, those designed “EA ONLY” are geared toward teachers and those designed “ESP ONLY” are geared toward support staff.

- **Pre-registration is required….and space is limited** so it’s advisable to register early. Unless specified otherwise, registration opens approximately one month before each session and closes one week prior to each session or when filled. Registration will be available online ([https://www.psea.org/er/rcpe](https://www.psea.org/er/rcpe)) as well as by phone (610-391-0835) or email (e-rgn@psea.org).

- **In order to receive Act 48 or Chapter 14 hours, you need to complete the following:**
  - ✓ **participate in the entire workshop.** Partial hours are NOT given; **AND**
  - ✓ **when held via Zoom, you must be present live on your video feed for the entire workshop;** **AND**
  - ✓ **within 3 days of your workshop, complete the online survey, which includes entering the CODE word.** Sometime during the workshop, a code word will be given; that code word will need to entered into the online survey. The survey will be emailed to you within 24 hours of your workshop.
  - ✓ **Those with a teaching certificate,** provide your PPID # if you want your hours reported to PDE.

- **If you need to cancel,** contact Debbie Bernecker (dbernecker@psea.org or 610-391-0835) as soon as you know.

*Note to Paraprofessionals:* if taking a workshop for the hours, it is recommended that you obtain pre-approval from your employer to ensure the hours will be accepted.

**NOTE ---** This symbol means that the workshop has been offered in the past; members who previously received hours are unable to receive hours again for that particular workshop.

Due to COVID-19, all workshops are scheduled to be held via Zoom at this time.

<table>
<thead>
<tr>
<th>September 30, 2021 6:00-7:30 p.m.</th>
<th>Autism: An Overview 1½ hrs.</th>
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</thead>
<tbody>
<tr>
<td><strong>Via Zoom</strong></td>
<td><strong>Presenter:</strong> Judith Petruzzi, PSEA Education Services Division</td>
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<tr>
<td>This professional learning explores what we know, and what we do not, about autism. In this interactive session, we will look at diagnosis of autism and explore the “spectrum” that is encompassed.</td>
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<tr>
<td>Pre-registration is required…and space is limited! To register, visit our website (<a href="http://www.psea.org/er/rcpe">www.psea.org/er/rcpe</a>) for registration instructions.</td>
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</table>
Nice White Parents: A Look at How Parent Groups Have Systemically Impacted the Education System

Presenters: Jena Brodhead, Eastern Region President, and Megan Murray, Easton Area EA

Join us for a three-part series that focuses on the 2020 podcast by Chana Joffe-Walt in the New York Times, exploring a key driver in what is blocking educational integration and equity: the actions of White families.

Participants will engage in a pre-listening session on Monday, October 4, where we will discuss our own experiences in education, how identity affected your experience in school, if public education is working in your community, and, what “nice white parents” means.

On Monday, October 18, participants will reflect upon their impression of the first three episodes of the podcast focusing on what made them think and what made them uncomfortable. We will identify how this phenomenon is occurring in our schools today and what impact we can have on it.

The final session on Monday, November 8, will serve as a reflection of the podcast. As a group, we will develop ways we can impact change.

Note: You must attend all 3 sessions and complete all prep work in order to receive the hours. About a week prior, participants will be emailed instructions for online prep work that needs to be completed prior to each session; this time is figured into the hours.

Pre-registration is required! To register, visit our website (www.psea.org/er/rcpe) for registration instructions.

Centering Educator & Student Thriving: A Trauma-Sensitive & Healing-Centered Approach

Presenters: Dr. Angel Acosta and Maria Tan

This interactive workshop provides participants with a comprehensive overview of key research and pivotal practices to support educators and students to thrive in education. With an exploration of the interpersonal neurobiology of stress and trauma, participants will gain an evidence-based understanding on how to foster belonging and connection in school and classroom settings. Through mindfulness-based dialogue and reflection, participants will integrate what they learn and create a plan for how this will impact their personal and professional practice. Space will be provided to explore difficult conversations on thriving as this relates to structural inequality, antiracism, equity, and racial healing. Major perspectives from the restorative and healing-centered paradigm in educational research and discourse will be explored.

Pre-registration is required…and space is limited! To register, visit our website (www.psea.org/er/rcpe) for registration instructions.

Utilizing Community Resources to Optimize Your Work

Presenter: Cori Fecho, Eastern Region PSEA UniServ Representative

The Lehigh Valley is bursting with resources and institutions that could help you as an educator, paraprofessional, nurse, student advocate, and guidance counselor to meet the needs of the student population that you service. The resources discussed will be beneficial for every part of the student population to give them opportunities that may have not been explored before. This presentation cannot be missed if you are really looking to have a richer understanding of some excellent programs right here in the greater Lehigh Valley.

Note: The examples provided during this workshop will be from Lehigh and Northampton Counties; however, if you’re not in one of those counties, you can still benefit from what to look for in your county.

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<table>
<thead>
<tr>
<th>Date and Time</th>
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<th>Duration</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td>November 3, 2021 6:00-7:30 p.m.</td>
<td>Positive Attitude in the Workplace</td>
<td>1½ hrs.</td>
<td>Judith Petruzzi, PSEA Education Services Division</td>
</tr>
<tr>
<td>November 10, 2021 4:30-6:30 p.m.</td>
<td>Bystander Intervention Training (PART ONE)</td>
<td>2 hrs.</td>
<td>Cori Fecho, Eastern Region PSEA UniServ Representative</td>
</tr>
<tr>
<td>November 15, 2021 6:00-7:30 p.m.</td>
<td>The Art and Science of Slowing Down for Educator Longevity</td>
<td>1½ hrs.</td>
<td>Maria Tan</td>
</tr>
<tr>
<td>December 1, 2021 4:30-6:30 p.m.</td>
<td>Autism: Looking at Our Students Through Their Eyes</td>
<td>2 hrs.</td>
<td>Cori Fecho, Eastern Region PSEA UniServ Representative</td>
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Pre-registration is required...and space is limited! To register, visit our website [www.psea.org/er/rcpe](http://www.psea.org/er/rcpe) for registration instructions.

Public Education is a stressful endeavor, even when you love it! This course provides a variety of ways to care for yourself and project a positive attitude to colleagues, parents and the community.

Bullying is a topic that is consistently in the headlines but is a difficult topic to address and eliminate. Being the bystander that intervenes is a best first step to combatting the problem and providing support to a victim to end the abuse. The problem is that when you are the person witnessing a situation it sometimes becomes difficult to act. This training will focus on talking about hurdles that keep us from intervening in all different kinds of bullying situations that involve adults and students. We will also discuss trusting your instincts and strategies that help make intervening easier. Finally, we will discuss how these skills also translate to situations when working with colleagues and supervisors.

This workshop provides an overview of the neuroscience of mindfulness and how this relates to finding a different pace in regards to classroom instruction, management and educator professional development. In light of the rapid pace of change and multiple crises, educators are experiencing unprecedented levels of burnout. This interactive experience will create the space for participants to process burnout and develop contemplative-based resilience. This workshop will not only provide opportunities for personal growth but techniques to help struggling students. All of these practices can also be translated into lessons for classroom instruction and to improve community relationships for classroom management.

Working with students is always a challenge because everyone has their own strengths when it comes to how they learn. Autistic students bring some other complex social challenges that we often find challenging to help them navigate. As with all students, there is no one strategy that works for all students with autism. We also understand that you are often working with students with little to no resources or support.

This workshop will use vignettes from people who have grown up with autism to offer participants perspective and teaching strategies to refocus ourselves when we work with students in our classroom. We will also offer strategies to build on how we work with these students to empower them to enhance their strengths while working on other areas that do not come as naturally.
### December 6, 2021
6-7 p.m. (discussion)
Via Zoom

**Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience**  
*2 hrs.*

**Facilitator:** Molly Mirabito, Eastern Region PSEA UniServ Representative

**SCREENAGERS:** Growing up in the Digital Age—Delany Ruston’s award-winning 2016 film—was the first feature documentary to explore the impact of screen technology on kids and offer parents and families proven solutions.

In Screenagers NEXT CHAPTER, we follow Delaney as she finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. She sets out to understand these challenges in our current screen-filled society, and how we, as parents and educators, can empower teens to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience.

We witness Delaney as she finds her way from ineffective parenting to much-improved strategies. We follow other personal stories of families from an array of backgrounds with a spectrum of emotional challenges. We also observe approaches in schools that provide strategies relevant beyond the classroom setting. Interwoven into the stories are surprising insights from brain researchers, psychologists, and thought leaders that reveal evidence-based ways to support mental wellness among our youth. The impact of social media and other screen time is incorporated in all the topics raised in Screenagers NEXT CHAPTER, how it may be impacting our teens’ mental health, and what we can do to help foster youth in the face of struggles.

Screenagers NEXT CHAPTER shows many ways parents, counselors, and educators can help teens build crucial skills for navigating stress, anxiety, and depression.

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**Pre-registration is required…and space is limited! To register, visit our website ([www.psea.org/er/rcpe](http://www.psea.org/er/rcpe)) for registration instructions.**

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### January 20, 2022
6:00-7:30 p.m.
Via Zoom

**Restorative & Healing Centered Approaches to Educator and Student Engagement**  
*1½ hrs.*

**Presenters:** Dr. Angel Acosta and Maria Tan

This workshop supports participants with creating a safe, affirming and generative space for deep dialogue on ways to support educators and students during trying times. Through dynamic and participatory methods, participants will discuss real-world challenges that are emerging in classrooms and school settings, while at the same time generating solutions and attaining a sense of renewal.

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**Pre-registration is required…and space is limited! To register, visit our website ([www.psea.org/er/rcpe](http://www.psea.org/er/rcpe)) for registration instructions.**

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### January 27, 2022
6:00-7:30 p.m.
Via Zoom

**Understanding Implicit Bias**  
*2 hrs.*

Implicit bias, which refers to the attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner and are both favorable and unfavorable, are activated involuntarily and without an individual’s awareness or intentional control. Implicit biases are different from known biases that individuals may choose to conceal for the purposes of social and/or political correctness. Implicit biases are not accessible through introspection. Join us to explore the concept of implicit bias, help identify your own implicit biases and gain insight on in adjusting thinking to eliminate discriminatory behaviors.

**Note:** About a week prior, participants will be emailed instructions for online prep work that needs to be completed prior to the workshop; this time is figured into the hours.

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| February 2, 2022 6:00-7:30 p.m. | Facilitated Discussion: Being an LGBTQ+ Ally | 2 hrs. | As educators, we want to create an environment to allow all students to be comfortable being themselves and to allow them the ability to learn free from distractions. Often times this is not the situation for students that are identifying LGBTQ+. Many scenarios impact their education process due to home and school environments. We know that there are educators that are struggling to fully understand how to provide students these spaces as an ally in the school community. This session will utilize the Straight for Equality program developed by PFLAG National specifically created for people who want to stand up for LGBTQ+ equality but may not be sure how or even where they fit in. Straight for Equality invites, educates, and engages people who are not LGBTQ+ in supporting this community. In this session we will unpack the “Guide to Being a Straight Ally” so that we can demystify the LGBTQ+ world.  
Note: About a week prior, participants will be emailed instructions for online prep work that needs to be completed prior to the workshop; this time is figured into the hours. |
| February 8, 2022 6:00-7:30 p.m. | De-escalation: A Handy Tool When Confronted with Challenging, Anxious, or Hostile Behaviors | 1½ hrs. | Presenter: Judith Petruzzi, PSEA Education Services Division  
What is the most practical way to respond to students who are in a heightened state of agitation? Join us for this professional learning that explores the most effective ways to de-escalate/defuse behaviors of concern. Strategies will be shared in order to provide educators with evidence-based tools to limit extreme behavior and avoid the need for passive restraint.  
Pre-registration is required…and space is limited! To register, visit our website (www.psea.org/er/rcpe) for registration instructions. |
| February 17, 2022 6:00-7:30 p.m. | Facilitated Discussion: Being a Trans Ally | 2 hrs. | As educators, we want to create an environment to allow all students to be comfortable being themselves and to allow them the ability to learn free from distractions. Often times this is not the situation for students that are identifying LGBTQ+. Many scenarios impact their education process due to home and school environments. We know that there are educators that are struggling to fully understand how to provide students these spaces as an ally in the school community. This session will utilize the Straight for Equality program developed by PFLAG National specifically created for people who want to stand up for LGBTQ+ equality but may not be sure how or even where they fit in. Straight for Equality invites, educates, and engages people who are not LGBTQ+ in supporting this community. In this session we will unpack the “Guide to Being a Trans Ally” so that we can demystify the Trans community.  
Please note: This session will focus more specifically on the trans community needs and how to be an ally to their needs.  
Note: About a week prior, participants will be emailed instructions for online prep work that needs to be completed prior to the workshop; this time is figured into the hours. |

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<tr>
<td>February 22, 2022</td>
<td>Bystander Intervention Training: The Next Level (PART TWO)</td>
<td>4:30-6:30 p.m.</td>
<td>Via Zoom</td>
<td>Cori Fecho, Eastern Region PSEA UniServ Representative</td>
<td>2 hrs.</td>
<td>Bullying is a topic that is consistently in the headlines but is difficult topic to address and eliminate. We started to tackle the obstacles and difficulties of being an intervening bystander in tense situations in our first Bystander Intervention training. This training will continue to focus on what was learned in the first session and expand upon it. This session will allow participants the ability to discuss how attendees used what they learned to intervene. We will discuss what made it easier due to the first training and what they still find difficult. More scenarios will be used to help put the intervention process in practice and to think about how to handle more examples.</td>
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